P33

Folate composition of fresh Australian pork 2005/6
J Arcot, Z Nasution, S Vishnumohan, JA Barnes, H Greenfield
1Food Science & Technology, University of New South Wales, NSW 2052
2Foodsense, Cremorne, NSW 2090

Background – Australian fresh pork composition was last analysed in 1994; since then rearing and butchering practices have improved considerably with potential to affect composition of pork as available at the present time.
Objective – To assess the folate composition of nationally representative retail fresh pork cuts in 2005/6
Design – Fresh pork cuts were purchased anonymously in three capital cities in 2005/2006 according to a sampling design that generates representative independent duplicate samples per state. Pork loin chop was studied as independent state duplicates, and other cuts were analysed as national homogenates. Gross composition was measured at Food Science Australia and lean and fat homogenates, raw and cooked, were formed for freight as fresh chilled samples for folate measurement in triplicate by the tri-enzyme method (1), modified with a fourth lipase enzyme treatment.
Outcomes – Folate levels varied from 0–83 µg/100 g in raw lean, and from 0-37 µg/100 g in raw fat. The nationwide average folate levels for all cuts in µg/100 g (mean ± SD) were: raw lean, 39.8 ± 24.8, cooked lean, 28.6 ± 23.2, raw fat, 17.8 ± 12.3, cooked fat, 25.9 ± 21.5.
Conclusions – Australian raw fresh pork contains highly variable levels of folate. The average levels of folate in Australian pork were higher than expected, and were much higher than reported for British or American fresh pork.

Reference

Funding - Study funded by Australian Pork Limited.

P34

How women cope with pregnancy and early mothering after recovery from an eating disorder: a grounded theory of women’s experience
CA Gunn¹, J Coad²
²Institute of Food and Nutrition, Massey University, NZ

Background – Maternal nutrition plays a major role in a healthy outcome for pregnancy. Increasing numbers of women have experienced an eating disorder and recovered. Does this influence weight gain and nutrition in pregnancy?
Objective – To explore how some women recover from an eating disorder (ED) and manage the experience of pregnancy and mothering specifically weight gain and the nutritional needs of themselves and their child.
Design – Two groups of women were studied, the ED group (10) and the reference group (8) women of comparable body mass who said they had never had an ED. This was a qualitative research study which used Grounded Theory as the research method.
Outcomes – Recovery involved adopting more constructive coping strategies (exercise) to “measure up”. Their pregnancies were characterised by predominantly high weight gains( 6/10 women gained 18-30 kgs i.e. more than the upper recommended limit for women with a low BMI however only 3 of those 6 women were in the low prepregnancy BMI range, 2/10 women gained in the normal weight range and 2/10 gained less than recommended), above normal infant birth weights (8/10 babies weighed >3300gms and none were in the low birth weight range and successful breastfeeding(all women breastfed for a minimum of 4 months and 7/10 breastfed for 6months or longer). None of the 10 women reported they received any personalised nutritional information from their health professional during their pregnancies .
Conclusions – ED recovered women are characterised by having a need to “measure up” throughout their lives. They are highly motivated to have healthy pregnancies and can be particularly receptive to nutritional guidance at this time.